



# Girl Power!

## School Year Assignment Book



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Office of the Secretary  
Office on Women's Health  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

## May • June

27

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## Guess Who

What figure skater has won skating titles in both the United States and worldwide, including the 2000 and 2001 U.S. Nationals and World Championships?

## Fun Facts

Yoga was developed in 2500 B.C. by the Indian scholar Pantanjali as a pathway for fulfillment and personal development. To learn more interesting facts about Asian culture, visit [www.infoplease.com/spot/asianhistory1.html](http://www.infoplease.com/spot/asianhistory1.html).

## Goal for Next Week

Answer: MICHELLE KWAN

## June

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## Health/Fitness

There's no doubt about it: To have a healthy body, you must give it all the nutrients it needs to grow and develop, and you must exercise to help your body make the most of what you eat. But, how do you do that? First of all, be assured that there are no good or bad foods, only good and bad eating patterns. Make sure your eating patterns are healthful. And, find a physical activity you like and make it a regular part of your life. Dance, swim, or take a walk. What do you do for your body? Do you get enough exercise? Each day, young people are encouraged to do about 30 to 60 minutes of moderate physical activity, like walking or riding a bike.

### Girl Quote

"I think that by the time I grow up there will be girls in the NBA and NHL. I also think that in the future, girls can do anything!"

—Jill

### Goal for Next Week

## June

## Health Facts

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A long time ago, people thought emotions came from the heart. They thought so because their heart beat faster when they were scared or excited. Now we know that emotions come from the brain. So, what's the heart up to, then? Check out the KidsHealth site to learn more!

<[www.kidshealth.org/kid/body/heart\\_noSW.html](http://www.kidshealth.org/kid/body/heart_noSW.html)>

Most people know that milk is a good source of calcium, but did you know that you can get calcium from broccoli, too? Check out the calcium word search in the **Girl Power!** BodyWise area to learn how you can get more calcium in your diet!

<[www.girlpower.gov/girlarea/Bodywise/nutrition/calcium.htm](http://www.girlpower.gov/girlarea/Bodywise/nutrition/calcium.htm)>

Drinking alcohol can lead to risky behaviors, like taking chances that can cost you your life. Alcohol can damage every organ in your body. It even can cause cancer. Get the facts from SAMHSA's National Clearinghouse for Alcohol and Drug Information at 1-800-729-6686, or check out this Web site at <[www.health.org/govpubs/ph323](http://www.health.org/govpubs/ph323)>.

Watch for signs that you or someone you know needs help. Stressed out? Can't focus? Not eating? Avoiding friends? Skipping school? Grades slipping? Smoking or drinking? Reach out to a grownup or older friend. Talk it out before a small concern grows into a big problem. Call the Center for Mental Health Services at 1-800-789-2647, or check out this Web site at <[www.health.org/features/kidsarea/kidsarea.htm](http://www.health.org/features/kidsarea/kidsarea.htm)>.

Marijuana affects your brain, your self-control, and your health. Each joint is as harmful to your lungs as four cigarettes. To learn more, check out <[www.forreal.org](http://www.forreal.org)>.

## June

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## Definite Do

Keep fit and help others at the same time.

Volunteer to participate in a charity fundraiser walk/run with a grownup. Check out the YMCA's June 1 World's Largest Run at <[www.ymca.net](http://www.ymca.net)>.

## Word Scramble

This nutrient is found in low-fat milk products, dark green leafy vegetables, and calcium-fortified juices and grains. It builds strong bones and teeth.

M U C I L A C

## Blast from the Past

In 1990, the Food and Drug Administration called for major changes to food labels, which included mandatory nutrition labeling for most foods, standardized serving sizes, and uniform use of health claims. Check out this Web site for more information:

<[www.girlpower.gov/girlarea/Bodywise/nutrition/foodlabels.htm](http://www.girlpower.gov/girlarea/Bodywise/nutrition/foodlabels.htm)>.

## Goal for Next Week

Answer: CALCIUM

June

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## Girl Power! Guest

*"You can't live your life afraid that you won't fit in or afraid of failing. You just have to do your best, believe in yourself, and follow your dreams."*



*Chamique Holdsclaw*

Chamique Holdsclaw plays for the WNBA's Washington Mystics and was a member of the 2000 U.S.A. Olympic basketball team.

To find out more, go to  
<[www.girlpower.gov/girlarea/assignment/06Jun/guest.htm](http://www.girlpower.gov/girlarea/assignment/06Jun/guest.htm)>.

### Goal for Next Week